

Preventative Health Lesson Plan

Notes to Course Manager:

This module is to be introduced and conducted only by a health professional from the U.S. Public Health Service (PHS) -- either a Registered Nurse (R.N.) or a Wellness/Fitness Consultant -- using a copyrighted "Personal Wellness Profile" (PWP), also known as a "Health Risk Appraisal" (HRA).

PWP/HRA's are routinely administered to many Federal employees through their servicing PHS health unit.

- In the Department of Labor (DOL), PWP/HRA's are routinely administered to permanent employees, as a component of the voluntary Periodic Health Examinations (PHE's) conducted on behalf of the Department by PHS.
- Other Federal agencies may provide employees with PWP/HRA's either as a component of a PHE, or as a stand-alone tool for making health risk appraisals.

This module will consist of three one-hour group sessions:

1. In the first session, the PHS health professional will introduce the concept of a PWP/HRA, including purpose, scope, type of feedback which can be expected, and confidentiality of results.
 - The PHS health professional will administer the PWP/HRA questionnaire to each participant. (Participation is voluntary. Some employees may prefer to review and answer the questionnaire, but not submit it for scoring by PHS).
 - The PHS health professional will also explain that in order to complete specified portions of the appraisal (e.g., the Cardiac Risk Profile), a blood sample is necessary (participation in those portions of the PWP/HRA is optional); describe the limitations on the use of the blood drawn; and instruct those participants who elect to have blood drawn on the requirement to fast before the sample is taken.
2. In the second session, a PHS health professional will return to draw blood samples. Because of the requirement to fast prior to giving a sample, this session should be scheduled in the early morning.

3. In the third session, the PHS health professional will return the scored questionnaires to the individual participants, generally discuss what the findings mean, and respond to participant questions. To allow time to score the questionnaire and complete the lab work, this session should be conducted two (2) weeks after the second session.

To arrange for this module to be conducted by PHS for:

- DOL employees: Forward the desired dates, location, and names of participants by e-mail to Pat Allen, Chief, Health and Fitness Team, Safety and Health Center (202/298-5626).
- Employees of other Federal agencies: Contact the Division of Federal Occupational Health (DFOH), U.S. Public Health Service (PHS), Bethesda, MD. (Lillian Koenig on 301/594-0248).

Time Required: 1 Hour on 3 different dates

The second session should be conducted the day following the first session, in the early morning to accommodate those who need to fast prior to giving blood.

The third session should be conducted two (2) weeks following the second session, to allow sufficient time to score the questionnaire and complete the lab work.

Resources Needed:

Materials:

To be supplied by PHS for each participant:

Personal Wellness Profile, published and copyrighted (1987) by Wellsource, Inc.

Cardiac Risk Profile blood test.

Individual wellness summary.

Equipment:

To be supplied by PHS:

Equipment needed to draw blood samples.

To be supplied by the agency:

Suitable private or partitioned space in which blood can be drawn from individual participants.

I. Welcome and Introduction

A. Presenter

Have the workshop objectives displayed on a flip chart. Welcome the participants to the workshop.

Indicate that much of DOL's mission relates to ensuring the safety and health of those we serve -- e.g., through MSHA, OSHA, OWCP -- and that, as was noted in the session which provided an overview of the Department's safety and health program, the Department also seeks to promote the health, fitness and well-being of its own employees -- e.g., through EAP's, fitness centers, health unit services, and within budgetary limitations, for those employees who would like to have them, periodic health examinations. The periodic health examinations (PHE's) are designed to identify illness or disease and where possible, to also provide the employee being examined with a measurement of their current health status, and to provide education intended to help the employee eliminate health risks and adopt a lifestyle designed to prevent disease or disability. Indicate that it is that portion of our health program for employees that will be shared this morning.

Introduce the health professional from the U.S. Public Health Service (PHS), and state their professional credentials. Turn the session over to the PHS health professional to independently conduct. Do not otherwise comment on the content of the program, but rather leave that to the PHS representative to explain.

II. Purpose

To provide each participant with a measurement of their current health status, and to provide education intended to help the participant eliminate health risks and adopt a lifestyle designed to prevent disease and disability.

(Please note that this workshop is designed to educate and to produce a measurement of health status -- not to identify or diagnosis disease or illness. Employees with current health complaints should be counseled to seek medical attention).

III. Workshop Objectives

This workshop will provide each participant with:

- A. A measurement of his or her own current health status.

- B. Awareness of the health needs and lifestyle practices that determine well-being -- with emphasis on the factors that the individual can actually control.
- C. Positive reinforcement of his or her good health practices and recommendations for change when needed, in each major health area. The major wellness factors include:
- Cholesterol level
 - Coronary risk
 - Blood pressure
 - Percent body fat
 - Overall stress/coping status
 - Cancer awareness
 - Nutrition status
 - Fitness level
 - Alcohol consumption
 - Smoking/tobacco use
 - Safety awareness/practices
 - Happiness scale

IV. Completing the Personal Wellness Profile (PWP)

V. Understanding Your Results

Agenda

I. Welcome and Introduction

II. Purpose

To provide each participant with a measurement of their current health status, and to provide education intended to help the participant eliminate health risks and adopt a lifestyle designed to prevent disease and disability.

III. Workshop Objectives

This workshop will provide each participant with:

- A. A measurement of his or her own current health status.
- B. Awareness of the health needs and lifestyle practices that determine well-being -- with emphasis on the factors that the individual can actually control.
- C. Positive reinforcement of his or her good health practices and recommendations for change when needed, in each major health area. The major wellness factors include:
 - Cholesterol level
 - Coronary risk
 - Blood pressure
 - Percent body fat
 - Overall stress/coping status
 - Cancer awareness
 - Nutrition status
 - Fitness level
 - Alcohol consumption
 - Smoking/tobacco use
 - Safety awareness/practices
 - Happiness scale

IV. Completing the Personal Wellness Profile (PWP)

V. Understanding Your Results